EMPOWERING PATIENTS TO MANAGE THEIR OWN PERSISTENT PAIN WITH INTERGRATED MOBILE APPS

Dr. Frances Cole – Pain Rehabilitation Specialist and GP
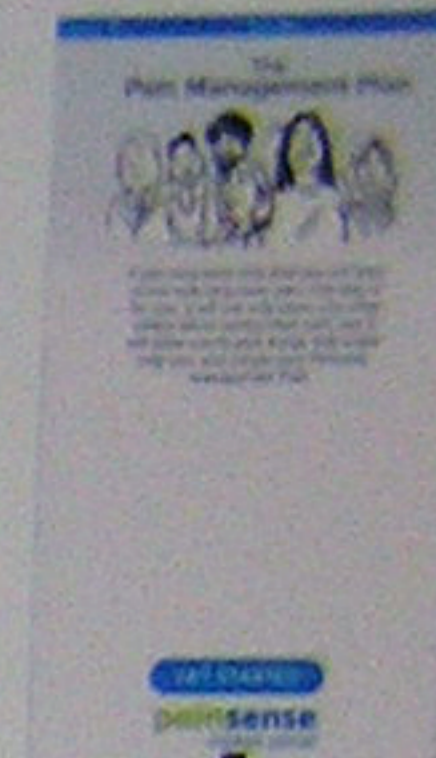Peter Moore – Patient Champion / Expert Patient www.paintoolkit.org
Prof Emeritus Bob Lewin – Rehabilitation and CBT expert www.pain-management-plan.co.uk
John Eaglesham – Managing Director, Advanced Digital Institute (ADI) www.adi-uk.com

painsense
makes sense

transforming the way you live your life with persistent pain

PainSense is a suite of digital assets (Pain ToolKit and Pain Management Plan Apps) developed to enable supported self-care for patients with persistent pain. PainSense aims to:

. Provide information and cognitive behavioural change tools to support patients.
. Increase the proportion of patients achieving personal goals.
. Deliver cash releasing savings from better prescribing.
. Reduce face to face activity in primary and secondary care.
. Integrate patient reported data on a mobile device with GP clinical systems.
. Provide health care professionals (HCPs) with the skills to support self care with confidence.
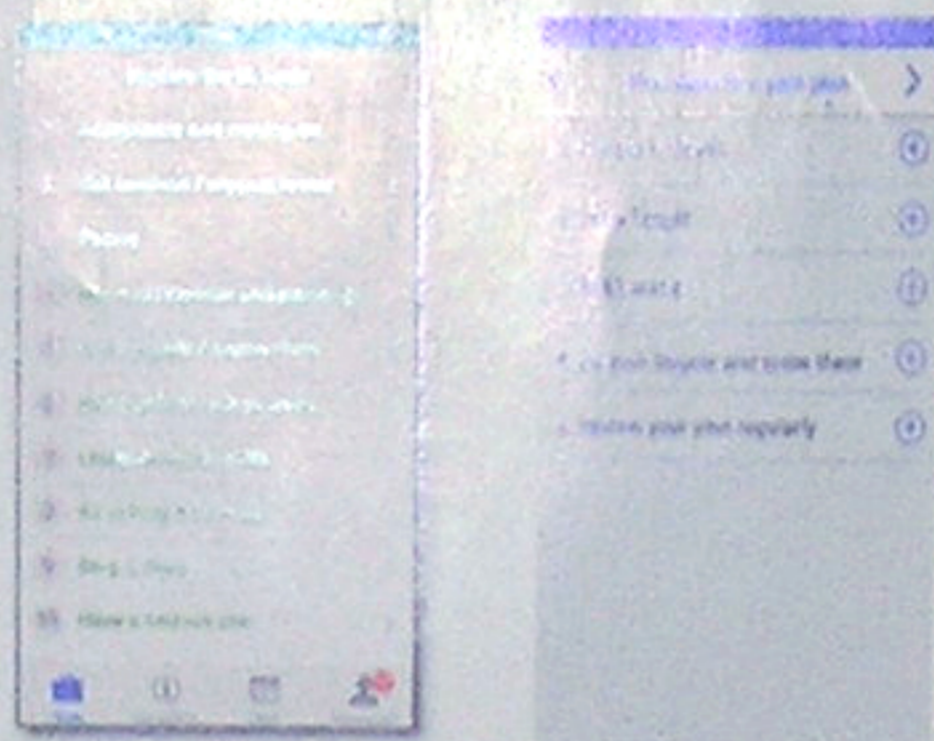
BACKGROUND:

. Patients have not been involved in managing their own symptoms and care.
. Persistent Pain is poorly managed with patients relying on regular face to face consultations in primary and secondary care.
. Prescribing costs are high and ever increasing.
. HCPs lack training, skills and understanding to support self-management.
. Data systems have not previously enabled the patient to become part of the clinical team providing self needs assessment and progress reports to the clinical team.
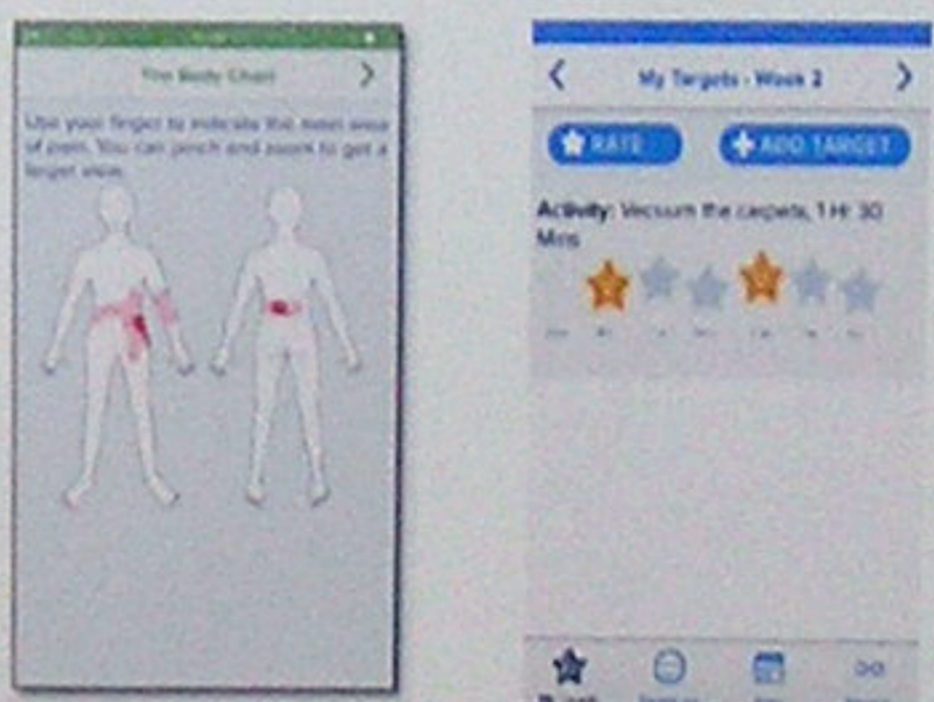
Conclusion

Patients are supported by PainSense to understand their persistent pain and self-manage whilst progress is being monitored through regular reports to the clinical team improving outcomes and saving money.

painsense
www.pain-sense.co.uk

paintoolkit   PMP

WHAT ARE WE DOING?

ADI developed PainSense with support from SBRI. PainSense has been designed using the expertise of patients and leaders in CBT based self-management tools. At the core of PainSense is a suite of digital assets that support people with persistent pain and provide a CBT programme tailored to individual needs.

ADI has developed the digital assets to enable a transformation in the care pathway through providing a range of interactive tools that guide the patient through acceptance, pacing, setting goals and skills to improve outcomes, this is in addition to self-assessment tools that are securely submitted to the clinicians regarding the impact of pain.

The assets are available on iOS and Android devices.

EXPERIENCE SO FAR

Feedback from GPs and patients suggests that PainSense is simple to use and provides an effective enabler to service transformation, improved outcomes and reduced costs.

Patients are able to use the full range of tools available through the mobile device. Monthly reports are electronically sent to GP/Clinical Team via the App. The monthly digital report PDFs are visible via NHS Systems on the GP screen and accessible to patients, enabling them to interpret scores and manage the pain cycle more effectively.

GP e-LEARNING

PainSense e-Learning is designed to meet three objectives:
. Shift the focus of care to health functioning assessment
. Assess the impact on health from self management
. Use the success of the Pain Toolkit to guide patients to learn new strategies to manage pain and reduce the reliance on pain medication.

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